

SHOW NOTES

Season 2 | Episode 4

More Than Rice and Beans: **Diversity Inclusion Through Food** **With Guest Vivian Guzman**

Episode description:

One of life's greatest pleasures is sharing a delicious home-cooked meal with an interesting friend. This week's guest on *More Than Rice and Beans* does just that in her series, *Dishin' It*. Vivian Guzman is a talented home cook, an avid traveler, and a proud Latinx New Yorker. Tania and Miguel chat with Vivian about the inspiration behind her show, explore how unexpected health problems changed the way she thought about the food we put in our bodies and dive into what it's like to experience instability in childhood.

Highlights:

- Vivian Guzman tells Tania and Miguel about her new YouTube series, Dishin' It.
- Why Vivian thinks eating organic food is the best health gift you can give to your body
- How a health scare with leaky gut syndrome changed Vivian's outlook on food and life
- Where to find some of the very best food in the world

About Our Guest:

Vivian Guzman is a passionate and gifted self-taught home cook. A Dominican who moved to the states when she was a child, Vivian experienced a turbulent childhood marked by years of uncertainty and instability. By the time she was 35, Vivian had moved over *twenty times*. But never one to let the past define her, Vivian built a brand out of her unique life experiences and loves to share her story and learn what others have to offer to the world. Vivian is the host of *Dishin' It*; a YouTube series focused on bringing people from diverse backgrounds together over a delicious homecooked meal. When she's not hard at work in the kitchen, Vivian enjoys travel, experimenting with new makeup looks, and sampling cuisine from New York's best restaurants.

Links:

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Vivian's website: <https://www.vivianguzman.com>

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